

Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>What I did to maintain a safe environment was to ensure I kept my phone put away and out of sight at all times, especially during group therapy.</p>
<p style="text-align: center;">Clinical Judgment</p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	<p>I can apply a few of the thirteen cognitive distortions to our group session we attended. Robin, who is an LPC, used terms like mind reading, black and white thinking, mental filters and jumping to conclusions during the discussion and I was able to follow along better because of my understanding of these terms. I can apply these learnings to my own life, and how I navigate situations and relationships. They will be especially helpful within my own practice as a nurse, I feel I can better interpret patient statements and thinking when in communication. I have learned from clinical that SUD has no particular face, it can affect anyone. We truly have no idea what others are going through, it is best to avoid any kind of bias when working.</p>
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There was a client named Tyler, my biggest concern for him is his negative view of himself and his life. I think it would be very beneficial to get him with a one on one therapist to continue to see him and help him better cope when he gets released from Aspire to continue care.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I was able to show up on time, and prepared for the clinical. It was a 40 minute drive to Aspire and I was able to ensure I left and arrived at a punctual time.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I was able to get insight on their personal lives while not giving my own opinions on their situations, and was still empathetic and validating towards their stories.</p>

<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>At the beginning I was a little anxious, I did not know what to expect or what their client population looked like. As we got a tour and was able to get to know other workers and clients I felt a little more at ease. Everyone was very comfortable sharing their stories and struggles with SUD. It made me feel empathetic, and called out my bias towards those with SUD. There were men there who you would never think would be struggling with SUD.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out about Aspire to me the most was how kind and welcoming everyone was. Even the clients had no issues opening up about their struggles and what brought them to the point of wanting to seek help. The overall vibe was so warm and welcoming, I think that kind of environment especially for their clients allows for optimal progress with rehabilitation.</p>